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### **PRESS RELEASE**

## *City of Schenectady Recognized for Workplace Well-Being Program*

*MVP honors holistic wellness & building healthy communities*

**SCHENECTADY** – Mayor Gary McCarthy and Director of Human Resources Tiffany White announced that the City of Schenectady received the Platinum Award at the inaugural MVP Health Care Workplace Well Being Awards. The event recognized companies and organizations that have demonstrated a strong commitment to improving the health and well-being of their employees through workplace wellness programs.

“The City’s employees are its greatest asset and we recognize that a happy, healthy and committed workforce is vital to its success,” said **Tiffany White, Director of Human Resources**. “As a leader in these efforts, I can see every day the difference it can make to the City’s bottom line and the impact it can have on employee morale and motivation. It offers a ‘win-win’ all around. Employees benefit from better support for their health. The City benefits from less absence and increased productivity. And the community benefits from improved public health.”

“These employers are redefining how the workplace can provide opportunities and successfully implement a strategy that encourages employees to live a healthy lifestyle and make healthy choices,” said **MVP Health Care’s Chief Executive Officer and President, Christopher Del Vecchio**. “We are so proud to provide this recognition of excellence to employers who demonstrate not only a commitment to support the holistic wellness of their staff, but to their entire community.”

MVP Health Care extended the award opportunity to all organizations with an MVP sponsored commercial plan, including fully insured and self-funded employers who also participate in MVP’s Work Well, Live Well program. Through this program, MVP’s well-being strategists function as health and wellness consultants to assist employers with overall population health management for their employees. They also work with each company on a wellness program strategy, design, deployment, and evaluation plan for the workplace.

The MVP Workplace Well-Being Award application was built based on best practices that have been proven to be effective, sustainable, and successful for workplace well-being programs. Each applicant detailed their well-being programs in categories such as effectiveness, innovation, workplace environment, leadership support, and employee feedback methods.

The Workplace Well-Being Awards were presented at MVP’s Well-Being Summit that brought together employers from across New York and Vermont to share best practices and build upon the previous years’ successes, while planning for a healthy future.

To learn more about MVP Health Care’s Work Well, Live Well program visit, [www.mvphealthcare.com/employers/health-and-wellness/](http://www.mvphealthcare.com/employers/health-and-wellness/)